

## Protect children from too much sun

**A** Help children avoid skin cancer by having them wear hats, sunglasses, and protective clothing.

**B** Use sunscreen (SPF 15 or more) on children older than 6 months of age and protect infants from exposure to intense sunlight.

## Safeguard children from high levels of radon

**A** Test your home for radon with a home test kit available free of charge by calling the Health Department at 1-800-640-0601.

**B** Take precautions if the radon level in your home is 4 pCi/L or higher.

## Protect children from contaminated fish and polluted water

**A** Call your town health officer about beach closings and the Health Department to learn about advisories for limiting the amount of fish to be eaten (or visit the web at [www.state.vt.us/health/fish.htm](http://www.state.vt.us/health/fish.htm)).

**B** Take used motor oil to a recycling center for re-refinement and properly dispose of toxic household chemicals using municipal collection programs.

**C** Because taste is not a good test of water purity, find out what's in your drinking water by calling the manager of your local public water system for the annual drinking water quality report.

**D** If you maintain a private water supply, have it tested annually for bacteriological contamination. If you are pregnant or have a child under 6 months of age, test for nitrates and nitrites. To order water testing kits, call 1-800-660-9997.



## Join with others

Working with others who are concerned about the quality of the environment and the health of children can provide a powerful voice for both children and the environment.



## For more information

This brochure lists but a few of the many measures adults can take to create a healthier environment for children. For more information, contact:

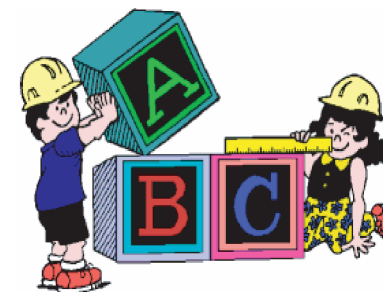
Vermont Agency of Natural Resources  
Department of Environmental Conservation  
Environmental Assistance Division  
103 South Main Street  
Waterbury, VT 05671-0411  
802-241-3628

The Vermont Department of Health  
108 Cherry Street, P.O. Box 70  
Burlington, VT 05402  
1-800-464-4343



# Tips to Protect Children from Environmental Health Threats

*"The youth of a nation  
are the trustees of posterity."  
-- Benjamin Disraeli --*



Honor your commitment to this generation of young people and respect the hopes and dreams of future generations by using these simple EcoLogical Solutions...

Vermont's  
Agency of Natural Resources  
and  
Department of Health

Children face numerous environmental hazards, including exposure to ozone, radiation, solvents, lead, and mercury. Please practice pollution prevention and use these simple tips to minimize environmental risks to children.

## Help children breathe easier

**A** Manage your trash responsibly. Backyard burning is not only illegal in Vermont, it can be harmful.

**B** Because of the connection between emissions from cars, air quality, and children's respiratory health, take steps to minimize your driving by walking, biking, or car pooling.

**C** Do not smoke in the presence of children and keep your home and car smoke-free. Call 1-800-PARENTS for tips to help you quit smoking.

**D** Keep your home as clean as possible. Dust, mold, certain household pests, secondhand smoke, and pet dander can trigger asthma attacks and allergies.

## Protect children from lead and mercury poisoning

**A** Wash children's hands before they eat, and wash bottles, pacifiers, and toys often.

**B** If your home was built before 1978, assume the paint is lead-based.

**C** Have a doctor check the blood lead levels of children living in your home.

**D** Repair deteriorating paint, and wash floors and window sills to protect children from paint dust and paint chips contaminated with lead - especially from windows in older homes.

**E** Run cold tap water until it runs cold (2-3 minutes) before using in order to flush lead from copper pipes joined with leaded solder.

**F** Do not clean up household mercury spills (as with a broken fever thermometer) with a vacuum - call the ANR's Mercury Education & Reduction Campaign at 1-800-974-9559.

## Protect children from carbon monoxide (CO) poisoning

**A** Have fuel-burning appliances, furnace flues, and chimneys checked once a year.

**B** Never use gas ovens or burners for heat and never use barbeques/grills indoors or in the garage.

**C** Never sleep in rooms with unvented gas or kerosene space heaters.

**D** Don't store gasoline or run cars or lawnmowers in attached garages.

**E** Install UL approved carbon monoxide detectors in the hallway outside sleeping areas.

## Keep pesticides and other toxic chemicals away from children

**A** Store food and trash in containers that can be closed securely to avoid attracting pests to your home.

**B** Avoid using toxic pesticides if you can - affordable non-toxic alternatives often exist.

**C** Read product labels and follow all directions carefully.

**D** Use bait and traps instead of bug sprays when you can and place the bait and traps where children can't come in contact with them.

**E** Store pesticides and toxic cleaning supplies where children can't reach them and never use containers that children might mistake for those holding food or drink.

**F** Keep children, toys, and pets away when using pesticides and don't let them play in fields, orchards, and gardens where pesticides have been applied.

**G** Wash fruits and vegetables thoroughly under running water before eating - peel them when possible.